

Mustang Damodar Kunda Trek

Standard Itinerary

Mustang Damodar Kunda Trek Itinerary:

Day 01: Kathmandu

Arrival at Kathmandu 1310m. Welcome program by Himalayan Nepal Trek and direct transfer to hotel on BB plan.

Day 02: Kathmandu

Sightseeing in Kathmandu Valley. Overnight hotel on BB plan.

Day 03: Pokhara

Drive from Kathmandu to Pokhara 900m 7/8 hours. Overnight in Hotel in Pokhara hotel on BB plan.

Day 04: Jomsom

Fly to Jomsom 2710m and explore around Jomsom. Overnight at Lodge.

Day 05: Lo Manthang

Drive to Lo Manthang 3840 m 5/6 hrs. Overnight at Lodge.

Day 06: Lo Manthang

Full-day exploration around Lo-Manthang Royal Palace Namgyal Monastery and Jhong Cave. Overnight at Lodge.

Day 07: Yara

Trek to Yara, an altitude of 3610m 5/6 hours. Overnight at tent.

Day 08: Thanti

Ascends to Thanti, altitude 4890m 5/6 hours. Overnight at tent.

Day 09: Damodar Kunda

Trek to Damodar Kunda, the holy pond, 5400m 5hrs (the highest altitude of our trek). We explore the lake and worship in the pond. Overnight at a tent around Damodar Kunda.

Day 10: Yara

Trek back to Yara 3610m 4/5 hours. Overnight at tent.

Day 11: Tangge

Trek to Tangge 3400 m 6/7 hours. Overnight at tent.

Day 12: Tetang

Trek to Tetang 3200 m 6/7 hours. Overnight at tent.

Day 13: Jomsom

Trek to Jomsom 2710m 5 hours. Overnight at Lodge.

Day 14: Pokhara

Morning Flight from Jomsom to Pokhara, 25-minute, Sightseeing in Pokhara with a trekking guide. Overnight at hotel on BB plan.

Day 15: Kathmandu

Drive to Kathmandu 200km 6/7 hours. Evening farewell dinner in a typical Nepali restaurant with a culture dance program. Overnight at a hotel on BB plan.

Day 16: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.

- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 3Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Sightseeing world heritage sites in Kathmandu valley with a private vehicle and experienced cultural guide.
- Drive by public van from Kathmandu to Besishar/Koto 230 km guest and guide (optional: private vehicle as per participant's preference).
- Drive from Jomsom to Lomantang by local jeep (optional: private vehicle as per participant's preference).
- Flight fare Pokhara/Jomsom/Pokhara guest and guide.
- Drive to Kathmandu 200 km by tourist bus guest and guide (optional: flight to Kathmandu or private vehicle as per participant's preference).
- Staff transportation Kathmandu/Lo Manthang/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge, tent).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- All camping equipment north face tent for guest dining tent kitchen tent toilet tent mattress and kitchen equipment etc., All kitchen and camping staff.
- Necessary Porter one porter carries 25kg only.
- All Government and local Taxes (ACAP and TIMS).
- Upper Mustang restricted area permits.
- Annapurna conservation area project entry permits (ACAP).
- Trekking information management systems (TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staffs medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
- Emergency rescue and travel Insurance (most required factor in high altitude trek).
- Trip cancellation cost, loss, damage, and personal effects.



Himalayan Nepal Trek P. Ltd.

**MAKING THE MOST OUT
OF YOUR HOLIDAY!**

Budanilkantha, Kathmandu

- Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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